Pregnancy Intentions, Reproductive Life Plans, and Preconception Care:
Finding the Intersection of Public Health, Clinical Care, and Real Life

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Helen Bellanca, Oregon Foundation for Reproductive Health, Portland, OR
Disclosures

The panel presenters have no disclosures
Objectives

1. Apply current research, clinical guidelines, and clinical experience to improve the provision of preventive reproductive health services in primary care

2. Recall recommendations for incorporating reproductive life planning and preconception care into routine primary care

3. Describe at least three ways of assessing pregnancy intentions and the pros and cons of each approach
Marji Gold
Albert Einstein College of Medicine, New York, NY
Nadine Peacock
University of Illinois, Chicago, IL
Q-sort Task

Sample Statements:

If I became pregnant my partner would be happy

God controls whether or not I get pregnant

I have not thought about getting pregnant
# Data Triangulation

<table>
<thead>
<tr>
<th>Q-sort Factor</th>
<th>Survey Intention Measure &amp; Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intended</td>
</tr>
<tr>
<td>F1</td>
<td><img src="image" alt="Smiley Faces" /></td>
</tr>
<tr>
<td>F2</td>
<td><img src="image" alt="Puzzle Pieces" /></td>
</tr>
<tr>
<td>F5</td>
<td><img src="image" alt="Puzzle Pieces" /></td>
</tr>
<tr>
<td>F6</td>
<td><img src="image" alt="Smiley Faces" /></td>
</tr>
</tbody>
</table>

**Age at recruitment:**
- ![Smiley Faces](image) 15-17
- ![Puzzle Pieces](image) 18-21
- ![Smiley Faces](image) 22-25

**Happiness Question:**
How happy would you be if you became pregnant now?
<table>
<thead>
<tr>
<th>Timing of visits~</th>
<th>Content topics (details in full care plan)</th>
<th>Documentation</th>
<th>Problem list &amp; coding considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse visit within 1-2 days</td>
<td>Interconception risk assessment and risk level assigned</td>
<td>Risk level noted in chart</td>
<td>NA</td>
</tr>
</tbody>
</table>
| Primary care visits at: 3-5 days 6 weeks 4 months 6 months one year | Categorize poor outcomes and identify causes  
Key interconception content for primary care  
* weight  
* depression  
* breastfeeding  
* family planning  
Establish positive interconception health (health promotion) | Detailed guidance for each category at each visit included in full care plan | Detailed guidance for each category at each visit included in full care plan |

~ after live birth or perinatal loss > 20wks
## Post-Loss Care Plan

~ after EAb or SAb

<table>
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<tr>
<th>Timing of visits~</th>
<th>Content topics (details in full care plan)</th>
<th>Documentation</th>
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</tr>
</thead>
<tbody>
<tr>
<td>At first care review</td>
<td>Interconception risk assessment and risk level assigned</td>
<td>Risk level noted in chart</td>
<td>NA</td>
</tr>
</tbody>
</table>
| Primary care visits at: 3-5 days 6 weeks 6 months | Categorize poor outcomes and identify causes  
Key interconception content for primary care  
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*family planning*  
Establish positive interconception health (health promotion)
PP/NB Care Review Schedule

1 Month
- Review for link to care*
- Care Management Review to assess for interventions
  - 1. Review for link to care
  - 2. Discharge

3 Months
- Care Management Review to assess for interventions

6 Months
- Review for link to care only
- Care Management Review to assess for interventions
  - 1. Review for link to care
  - 2. Discharge

Team care review
Jennifer Bello Kottenstette
NorthShore University Health System, Evanston, IL
Reproductive Health Self-Assessment Tool

My Reproductive Hopes

Women have different feelings about pregnancy. Feelings often change when...
- You get older or your kids get older
- You get a new partner, married, or divorced
- Your job or school plans change

Instructions: Go through this booklet and think about your hopes and wishes. Your doctor can help you find ways to achieve your hopes. Talk with your doctor about any questions you might have.

One or more of these statements may describe how you feel right now. Read the statements below and follow the directions to find out more information about each one.

1. If you want kids or want more kids some day,
   Answer all of the pink questions on page 2 inside

2. If you do not want kids or any more kids,
   Answer all of the green questions on page 3 inside

3. If you are not sure how you feel about having kids right now,
   Answer all of the blue questions on page 4 on the back

This booklet was designed for women who are not currently pregnant and for women who partner with men. If you are pregnant or if you only partner with women, you are still invited to complete this booklet. Many women may find it helpful to learn how to improve their reproductive health.

If you are not sure how you feel about having kids...

1. Women have many different feelings about pregnancy. Some women...
   - Cannot decide whether or not they want to get pregnant
   - Want to get pregnant but without planning, it will just happen
   - Would be happy with or without (more) kids

2. How would you say you feel about pregnancy right now?
   - [ ] You are ready to be pregnant
   - [ ] You are not ready to be pregnant
   - [ ] You are not sure how you feel about pregnancy right now

3. If you are not sure what you want, you may not use birth control all of the time. If you are sexually active, you could get pregnant. Even if you are not ready to be pregnant, it is important to be healthy when it happens so you and your baby have the best chance of being healthy. Check the things you want your doctor to talk about.
   - [ ] Vitamins you need to be healthy before pregnancy, like folic acid
   - [ ] How your family history can affect your pregnancy
   - [ ] How your weight can affect your pregnancy
   - [ ] How to cut down on drinking alcohol
   - [ ] How medications you are taking can affect pregnancy
   - [ ] How earlier pregnancies can affect your next pregnancy
   - [ ] Birth control you can use until you are ready for pregnancy
   - [ ] I am not sure if I am able to get pregnant
   - [ ] How long to wait to get pregnant after having a baby, miscarriage, or abortion
   - [ ] Anything else

4. Show this booklet to your doctor if you want. You can also talk to your doctor today about ways you can be healthy now, before you get pregnant.

5. Are you interested in reading about birth control methods?  [ ] Yes  [ ] No
   If Yes, please answer all of the green questions on page 3 inside.
Helen Bellanca
Oregon Foundation for Reproductive Health, Portland, OR
One Key Question

All women of reproductive age should be screened for their pregnancy intentions on a routine basis as part of high-quality primary care.

This will increase the likelihood that women are using contraception that they are satisfied with, increase the uptake of preconception care, and ensure that a greater proportion of pregnancies are wanted, planned and as healthy as possible.
Questions?